

*This performance-based assessment activity was developed by Michigan Model Coordinators from a Michigan Model lesson.*

## **MICHIGAN MODEL ASSESSMENT ACTIVITY**

### **Grade Four: Applied Health Concepts**

- 1. List the grade level, lesson and specific activity you will be demonstrating:** Grade 4, Phase IV, Lesson 3, Activity 3
- 2. List the Standard(s) and Benchmark(s) this activity addresses:** Apply health promotion and disease prevention concepts and principles to personal, family, and community health issues (Standard 1); Recognize that personal health behaviors influence an individual's well-being (Benchmark 2).
- 3. Student Learning Objective:** Students will apply their knowledge of eating habits that promote health and avoid obesity.
- 4. Student Product:** Written story.
- 5. Teacher Suggestions:** a) Ensure that students have received instruction in Lessons 1 and 2. b) Add the following requirements to the activity: *"Be specific. Use the rubric to help you write an entertaining story that is accurate. Identify at least one health benefit to Willy or Wilma of practicing these wise health habits."* c) Provide the rubric to students. d) Develop a different rubric for scoring the language arts component of the student stories, using appropriate English/Language Arts standards for your grade level.

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- 6. Develop your rubric.** Indicate below the specific criteria you will use to score. Score point #3 should include all the criteria that need to be met in order to meet the standard. An example:

<b>4</b> <b>Yes, and</b>	<b>3**</b> <b>Yes</b>	<b>2</b> <b>Yes, but</b>	<b>1</b> <b>No</b>
1. The story includes all of the points that meet the standard AND 2. The story is specific about sizes of servings. 3. The story identifies several health benefits of these wise health habits.	1. Willy/Wilma eats the minimum number of recommended servings from each of the five food groups each day. 2. Specific foods and number of servings from each food group are identified. 3. W/W pays attention to serving sizes. 4. W/W limits specific foods with excess fats, oils and sweets. 5. W/W gets the minimum amount of exercise daily. 6. At least one positive health benefit of these wise health habits is identified.	Demonstrates four or five of the elements for a response that meets the standard.	Demonstrates three or fewer elements.

*\*\* Start building your rubric with the criteria for score point #3, which indicates that the standard has been met.*